

## CLAIMS

I claim:

1. A method for increasing dietary calcium in an individual, comprising:  
  
orally ingesting a quantity of calcium formate sufficient to improve calcium balance or retention.
2. The method according to claim 1 wherein the quantity of calcium formate is present in an amount sufficient to provide between 10 - 60 milliequivalents of calcium.
3. The method according to claim 1 wherein the calcium formate is in tablet form.
4. The method according to claim 1 wherein the calcium formate is in gelatin capsule form.
5. The method of claim 1 wherein the calcium formate is orally ingested in a first and second dose, wherein the first dose is before a mealtime and the second dose is after a mealtime.
6. The method of claim 1 wherein the quantity is a dose of between 0.5 g and 3.0 g per day.

7. The method of claim 6 wherein the quantity is administered once a day.

8. The method of claim 1 wherein the calcium formate is combined in a dose with a second, biologically active compound.

9. The method of claim 8 wherein the second compound is a vitamin D compound.

10. The method of claim 9 wherein the vitamin D is cholecalciferol.

11. The method of claim 10 wherein the cholecalciferol is in between 125 IU and 400 IU.

12. The method of claim 6, wherein the quantity is between 1.0 g and 2.0 g per day.